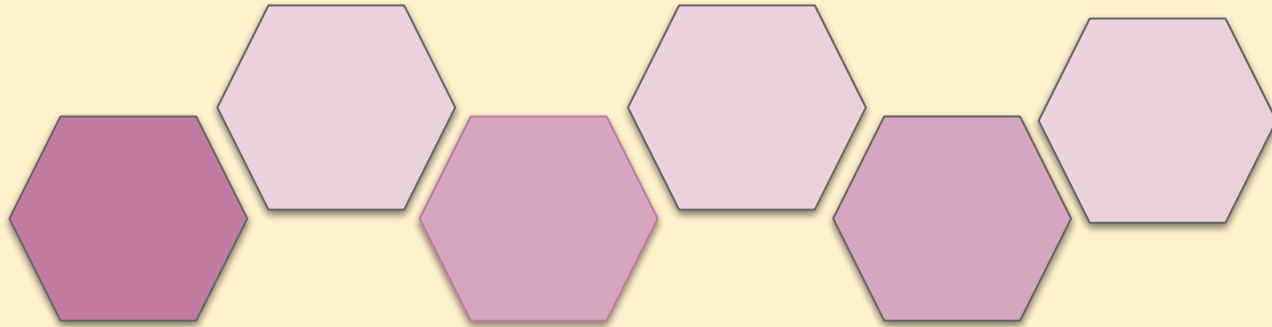


The Calm Down Corner

El rincón de la calma



What the Calm Down Corner is:

It is a safe space in the classroom where students can close the cycle of regulating their emotions



What the Calm Down Corner is not:

It is not a space for time out

It is not a space we send students without helping them with coregulation

It is not a center/ station or rotation

It is not a free choice for students to play

What to include in the Calm Down Corner

- Breathing ball and visuals with breathing exercises
- A Stuffed animal, coloring books
- Glitter jar and a pillow



Others I include

- A set of three stuffed animals
- Fidgets, a blanket, a mirror
- Books about emotions and the brain
- Gel pens to color
- Toys that represent emotions

Who Goes to the Calm Down Corner?



Everyone who needs it!

Before sending the student:

- 1. If the student is highly dysregulated:**

I take a minute to listen to, acknowledge, and validate the feelings

Then I offer the student my presence, a hug, breath together. Finally, the Calm Down Corner!

They can spend around 5 to 15 minutes

- 2. If the student just asks for it, they can go from 1 to 5 minutes.**

The Benefits of the Calm Down Corner

For my students:

They stay in a safe space.

They can still listen to the lesson even when they are not sitting on the carpet or desk

By using the elements of the Calm Down Corner, they learn and put into practice strategies to cope with their feelings and emotions

For me:

Classroom management!

I can focus my attention to the rest of the classroom while the dysregulated student is in the Calm Down Corner

I can continue with my lessons while I also keep an eye on the dysregulated student.


















How I have been able to make it work?

Tips and tricks

- Explicitly teach what the Calm Down Corner is and what is not.
- At BOY every student takes a turn going to the Calm Down Corner
- I gradually add elements to the Calm Down Corner
- Before introducing a new item, I use the item during the circle time and teach students how each element works.

Others: I have used visuals to explain to students what the Calm Down Corner should look like when they are done with it.

Some Visuals

Calm Down Steps			
TIME TO CALM DOWN <small>Remember... I need to take a break and calm down</small>	 Go Quietly to Calm Down Area	 Set Timer	 Do the 5-finger Breath
Ask Permission			
 Decide How You Feel	 Get the Calm Down Basket	 Sit Down	 Settle Your Glitter
 Breaths with the Ball	 Color How You Feel	 Do a Yoga Pose	 Color a Page
 Clean Up	 Stop Timer	 Hug the monkey	 Join the Class



What hasn't Worked

Tips and Tricks

- Including elements too attractive without explaining the expected way to use it
- Letting more than one student be at the Calm Down Corner at the same time
- Assuming the students will know what to do with what it is in the Calm Down Corner
- Put everything out at once



Questions? Comments? Advice?



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